

## **A Little Background - And An All-Too-Common Problem**

My name is Michael Murray. Back in the summer of 2002, there wasn't one day where I didn't ask myself, "Can I ever stop feeling so sick and tired?".

That was how I felt pretty much every morning at age 32!

I found some motivation and had been going to the gym. Every joint and muscle in my body hurt after hours sweating. Sure, I lost a few pounds and felt a little better... but it wouldn't last very long. And I still felt tired every morning and afternoon and I couldn't get myself to do anything when I got home from work.

It was ridiculous. I was just a regular guy, living a "normal" life was I supposed to feel like this? I often looked at healthier people with envy.

I had tried everything to get back into shape. I had made drastic changes to my lifestyle to feel better and to lose weight. And I had nothing to show for it other than the emotional pain and financial waste of yo-yo dieting. The weight would come back on, energy would go down and I'd end up feeling miserable.

Then I went to a Tony Robbins seminar. You know that motivational guy you may see on TV sometimes. I met lots of people there and it turns out I was not alone with how I was feeling.

I started to understand that other people felt the same way. It was serious problem common to so many people.

### **Most People Don't Feel Anywhere Near As Good As They'd Like To**

In fact, the vast majority of people feel that their lack of health and energy is just part of the aging process.

### **The Dangerous Myth That's Eating Away At Your Life**

The funny thing is, so many people I know have nagging health problems. They're baffled why they no longer feel as good as they did when they were a child.

In fact, they haven't got a clue. And that really makes sense when you consider the types of foods they're eating day-to-day, and the dangerous, often toxic, medications they've used throughout life.

But let me ask you something: Do you think medication is the answer to health problems?

Of course not. If medication or a magic pill was the real answer, then you'd already feel as good as you want to be.

### **The Secret To Abundant Energy and Vibrant Health**

Although for many years mainstream medicine ignored the role that diet can play in both health and disease, more recently it, too, began emphasizing the need to eat healthfully for keeping illness at bay.

In truth, the light came over the horizon more than a hundred years ago. But the radical work of some great pioneering scientists has been overlooked by a mainstream model so deeply involved in it's own myths that it was blind to larger truths. Until now.

Recently, one of the most exciting discoveries has been the effect some foods have on the body's acid-alkaline pH levels when digested.

### **A Slightly Alkaline Body Is Crucial For Good Health**

Regardless of how much you work out and try to eat right, if you can't balance the acids in your body, you'll never feel as good as you'd like to be.

The problem is, on a whole, the average western diet is acid-producing. And when acidic wastes accumulate, they can cause organs to malfunction and break down.

We are forcing our bodies to work with less than optimal inner terrain. This creates a fertile breeding ground for various forms of chronic illness that are now experienced by more than half the population.

If you often feel tired, it's a safe bet that you are overly acidic. The simple fact is, most people are.

### **That's When I Changed My Life For Ever**

Once I understood the destruction that overly acidic levels in the body could cause, I made the removal of acidic wastes my first priority.

## **30 Days Later...**

I couldn't believe how my body had transformed. I had gone from being fat and on the verge of falling apart to feeling incredibly healthy, full of energy, and 20 pounds lighter. My aches and pains had completely disappeared!

I couldn't believe it. I kept expecting it all to "bounce" back the next day! But it didn't. And...

### **Seeing Results So Fast Kept Me Motivated**

So I kept on alkalizing and made small changes to my foods and lifestyle. Nothing drastic. I just kept adding more alkaline foods to my diet... And I felt better and better each day. For once I started to feel like I had excess energy.

I didn't have to count calories, carbs, fats, proteins, or anything like that. So eating right was really easy.

What I loved about eating alkaline foods and doing an alkaline diet is that I still ate carbs, fish, casseroles, and other foods I like.

I didn't have to become a total vegetarian. And I could even have a drink or two on the occasions when I went out with my friends. Now that beats drinking diet shakes any day!

Alkaline foods tend to wake up your taste buds... so I eventually began to taste the natural flavor of foods I was eating.. and it became easier for me to make better choices when I went out to a restaurant or out to lunch with my coworkers.

### **The Fast-Food Junk Line Was History**

And I didn't really need any will power to avoid my bad cravings. I just craved better - alkaline - foods.

I didn't want coffee or soda... I craved water. I know it's hard to believe... especially since I used to drink a 6-pack of diet soda every day! May be that's why I've been able to...

## Keep The Weight Off Permanently

It worked like crazy. Friends and family started to notice the difference and they kept bugging me to find out what I had done. The next thing I know I started to be overwhelmed with requests to share this. I am flattered, but I was a little freaked out by it.

I knew it was something that I had to share with other people who were suffering like I had. So I ended up compiling my efforts into a system which I taught to a few family and friends who, I am proud to say, have had outstanding results.

You can find out about their success on my site and how it works on my site:

<http://acidalkalinediet.com/letter.htm>



Kinds regards,  
Michael Murray